



## Angel Food Cake with Fall Fruit Compote

READY IN



45 min.

SERVINGS



12

CALORIES



322 kcal

DESSERT

### Ingredients

- ☐ 1 cup cake flour
- ☐ 1 teaspoon cream of tartar
- ☐ 0.8 cup crème fraîche
- ☐ 0.5 cup cranberries dried
- ☐ 4 ounces figs dried halved
- ☐ 14 ounce fruit mixed dried
- ☐ 12 large egg whites
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 1.5 cups sugar divided
- ☐ 1 vanilla pod split
- ☐ 1 tablespoon vanilla extract
- ☐ 3 cups water

## Equipment

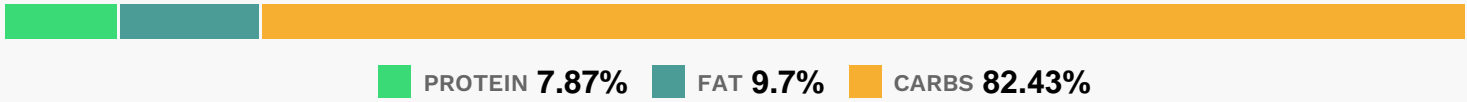
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ spatula
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 32
- ☐ To prepare cake, lightly spoon the flour into a dry measuring cup, and level with a knife.
- ☐ Sift together flour and 3/4 cup sugar. Beat egg whites with a mixer at high speed until foamy.
- ☐ Add cream of tartar and salt; beat until soft peaks form.
- ☐ Add 3/4 cup sugar, 2 tablespoons at a time, beating until stiff peaks form. Fold in vanilla. Sift flour mixture over egg white mixture, 3 tablespoons at a time; fold in.
- ☐ Spoon batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through batter with a knife.
- ☐ Bake at 325 for 50 minutes or until cake springs back when lightly touched. Invert pan, and cool completely. Loosen cake from sides of pan using a narrow metal spatula. Invert the cake onto plate.
- ☐ Cut cake into 12 slices.
- ☐ To prepare compote, combine water, 1/4 cup sugar, and vanilla bean in a medium saucepan. Bring to a boil over medium heat, stirring until the sugar dissolves. Cover, reduce heat, and simmer 15 minutes.

- ☐
- Add dried fruits; cover and simmer 25 minutes or until fruit is tender, stirring once.
- ☐
- Remove from heat.
- ☐
- Remove vanilla bean.
- ☐
- Let bean stand 5 minutes. Scrape seeds from vanilla bean; stir seeds into the fruit mixture.
- Discard bean. Cool to room temperature. Spoon compote over cake slices, and top with crme frache.

## Nutrition Facts



## Properties

Glycemic Index:22.43, Glycemic Load:32.39, Inflammation Score:-2, Nutrition Score:6.2882608719494%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 321.7kcal (16.09%), Fat: 3.62g (5.57%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 69.26g (23.09%), Net Carbohydrates: 64.58g (23.48%), Sugar: 54.04g (60.04%), Cholesterol: 8.48mg (2.83%), Sodium: 115.87mg (5.04%), Alcohol: 0.37g (100%), Alcohol %: 0.24% (100%), Protein: 6.61g (13.22%), Fiber: 4.69g (18.74%), Selenium: 11.73µg (16.75%), Manganese: 0.32mg (16.11%), Vitamin B2: 0.22mg (12.83%), Potassium: 417.26mg (11.92%), Magnesium: 37.52mg (9.38%), Calcium: 89.97mg (9%), Copper: 0.17mg (8.36%), Vitamin K: 7.26µg (6.92%), Iron: 1.04mg (5.77%), Phosphorus: 54.95mg (5.5%), Vitamin B5: 0.35mg (3.53%), Vitamin B1: 0.05mg (3.3%), Zinc: 0.44mg (2.95%), Vitamin B6: 0.06mg (2.93%), Vitamin E: 0.36mg (2.37%), Folate: 9.45µg (2.36%), Vitamin B3: 0.45mg (2.24%), Vitamin A: 94.02IU (1.88%)